

## Veterans

## PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Anthony Ramos, Recreation Supervisor III • Joanne Stout, Recreation Supervisor I • 785 E. Palomar (619) 691-5260  
Monday - Friday: 9 am - 12 pm, then 2 - 9 pm • Saturday & Sunday: 12 - 4 pm

**SHARK ★** Ages 5-10

(Start Healthy, Active Recreation for Kids) SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Free!

#9900.411

Monday/Wednesday, 4 - 5 pm

**Kids' Night Out - Back to School Party** Ages 5-12

Parents can have the night out, while the kids participate in a variety of activities. Fee: \$10 Resident / \$15 Non-Resident

#2155.311 Sept 14 6 - 10 pm

**Family Fun Night**

Drop by and enjoy bingo night with the entire family!  
September 5 6:30 - 7:30 pm

**Movies in the Moonlight**

Pack your dinner and enjoy it with your family while watching a G or PG movie. Free!

September 28 7 pm

**Flashlight Candy Hunt** Ages 2-12

Get ready for our 3rd Annual Flashlight Candy Hunt! Participants can hunt for sweet treasures in two age divisions: 2-5 years and 6-12 years. The entire family can enjoy treats, prizes, crafts, and a costume contest. Remember to bring your flashlight, a bag for your treats, and wear your favorite costume. Pre-registration required. Fee: \$5 Resident / \$7 Non-Resident

#9930.411

October 27 5:30 - 7:30 pm

**Turkey Hunt** Ages 6-12

The Veterans Park Turkeys' are missing? Join us as we search Veterans Park for clues to where the turkeys are. This event will include: crafts, treats, prizes and a scavenger hunt throughout the park. Pre-Registration required.

Fee: \$5 Resident / \$7 Non-Resident

#9930.412 November 16 4 pm

**Story Time**

Join the City of Chula Vista Library at the Veterans Park Recreation Center for Drop Everything and Read (D.E.A.R.) Join us and give your child the gift of reading. FREE!

Fridays, September 28 - December 7, 10:30 - 11 am  
(no Story Time on November 23)

10-week classes run September 24 - December 10 unless noted.  
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

**For class and program descriptions, turn to page 26**

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Family Karate	0030.413	3-5	Gary Amen	Sat	11:15-11:45 am	\$40 / \$50
Family Karate (up to 3 family members)	0030.414	3+	Gary Amen	Sat	11:15-11:45 am	\$5 / \$7
Family Music (2 children, 9/25-10/23)	0080.411	1-4 yrs.	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Family Music (2 children, 10/30-12/4)	0080.412	1-4	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Infantile Education in Japanese	0333.411	3	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.412	4	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.413	5-6	Yasuko Murakami	Sat	12:30-3:30 pm	\$131 / \$163
Kindergarten Prep for Success (9/24-10/22)	0180.411	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Kindergarten Prep for Success (10/29-12/10)	0180.412	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Little Hands	0020.411	1.6-3	Staff	Mon	10-10:30 am	\$39 / \$49
Little Hands	0020.412	1.6-3	Staff	Wed	3:30-4 pm	\$39 / \$49
Little Hands	0025.411	3-5	Staff	Mon	10:45-11:15 am	\$39 / \$49
Little Sports of All Sorts (9/28-10/26)	0330.413	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0330.414	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (9/28-10/26)	0335.413	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0335.414	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0330.411	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0330.412	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0335.411	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0335.412	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Music for Parent & Me (9/25-10/23)	0088.411	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.412	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.413	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.414	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.415	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.416	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81

\*Additional materials fee for the course.

Preschool Ballet and Tap	0110.411	3-5	Carla Perez/Staff	Mon	5-5:30 pm	\$36 / \$44
Preschool Ballet Folklorico	0210.411	1-5	Martha Sanchez	Wed	4:15-4:45 pm	\$40 / \$49*
Preschool Gymnastics	0010.411	3-5	Staff	Wed	10-10:45 am	\$50 / \$63
Preschool Gymnastics	0010.412	3-5	Staff	Wed	11-11:45 am	\$50 / \$63
Preschool Gymnastics	0010.413	3-5	Staff	Wed	5-5:45 pm	\$50 / \$63
Preschool Hip Hop	1920.311	3-5	Carla Perez/Staff	Tues	4:30-5 pm	\$36 / \$44
Preschool Karate	0030.411	3-5	Gary Amen	Thurs	4:15-4:45 pm	\$38 / \$46
Preschool Karate	0030.412	3-5	Gary Amen	Sat	10:45-11:15 am	\$38 / \$46
Preschool Kung Fu	0095.411	3-5	Ivan Lee	Wed	10:15-11 am	\$44 / \$51
Tiny Tots	0090.411	3-5	Staff	Tue/Thur	9-11:50 am	\$120 / \$150
Tiny Tots	0090.412	3-5	Staff	Wed/Fri	9-11:50 am	\$120 / \$150
Wiggly Worms	0220.411	1.6-3	Staff	Thurs	11:15 am-12 pm	\$56 / \$70

DANCE	Code #	Ages	Instructor	Day	Time	Fee
Ballet and Tap	1230.411	5-12	Carla Perez/Staff	Mon	5:30-6:15 pm	\$42 / \$51
Ballet Folklorico - Xochitl	1245.411	6+	Martha Sanchez	Wed	5-5:45 pm	\$40 / \$49
Hip Hop 101	1265.411	6+	Carla Perez/Staff	Tues	5:45-6:30 pm	\$42 / \$51
Jazz/Modern	1900.411	6+	Carla Perez/Staff	Tues	5-5:45 pm	\$42 / \$51
Move-in-Line Prog Line Dancing - Beg	1510.411	13+	Bracken Ellis	Mon	6:30-7:30 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr	1510.412	13+	Bracken Ellis	Mon	7:30-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Intermediate	1510.413	13+	Bracken Ellis	Thurs	7-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr & Inter	1510.414	13+	Bracken Ellis	Mon Thurs	7:30-9 pm 7- 9 pm	\$66 / \$81
Salsa/Merengue - Beginners	1730.411	16+	Sarai Martin	Tues	7-7:50 pm	\$51 / \$63
Salsa/Merengue - Intermediate	1730.412	16+	Sarai Martin	Tues	8-8:50 pm	\$51 / \$63
Trad. Polynesian Dance - Beg & Inter	1100.411	5-12	Sandy Valenzuela	Wed	4:30-5:15 pm	\$22 / \$26
Trad. Polynesian Dance - Beg	1100.412	13+	Sandy Valenzuela	Wed	5:30-6:15 pm	\$22 / \$26
Trad. Polynesian Dance - Inter/Adv	1100.413	16+	Sandy Valenzuela	Wed	6:30-7:15 pm	\$22 / \$26

CREATIVE	Code	Ages	Instructor	Day	Time	Fee
3D Creative Art Space	3164.411	6+	Alena Batson	Mon	5-5:50 pm	\$66 / \$81*
Cartoon Toons	3168.411	8+	Alena Batson	Mon	6-6:50 pm	\$66 / \$81*
Colorful Creatures	3162.411	6+	Alena Batson	Mon	4-4:50 pm	\$66 / \$81*
Creative Collages	3010.411	5-8	Staff	Wed	4:30-5:15 pm	\$34 / \$43
Fine Arts Painting - starts 10/8, 6 wks	3155.411	9-16	L. Villasenor-Isabelle	Tues	5 - 6 pm	\$63 / \$77*
Drawing Studio - starts 10/8 for 6 weeks	3155.412	9-16	L. Villasenor-Isabelle	Tues	6:15-7:15 pm	\$63 / \$77*
Gingerbread House Workshop (Dec. 8)	3320.412	6-16	Donna Hlava	Sat	10 am-12 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 8)	3320.413	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 13)	3320.414	6-16	Donna Hlava	Thurs	4-6 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 17)	3320.415	6-16	Donna Hlava	Mon	4-6 pm	\$16 / \$19*
Holiday Crafts Workshop (Dec. 1)	3320.411	6-16	Donna Hlava	Sat	12:30-3 pm	\$16 / \$19*
Painting	3085.411	18+	Ofelia Alvarado	Tues	9 am-12pm	\$21 / \$26
Watercolors Class (Register w/ instructor)		18+	(CV Adult School)	Thurs	9 am-12 pm	FREE

ENRICHMENT	Code	Ages	Instructor	Day	Time	Fee
Basic Dog Obedience (9/25-10/23)	3600.411	18+	Sally Cunnigham	Tues	6-7:00 pm	\$71 / \$87
Holiday Cookies & Treats Wkshp (Dec 6)	3320.416	6-16	Donna Hlava	Thur	3:30-6 pm	\$16 / \$19*
Holiday Cookies and Treats Wkshp (Dec 19)	3320.417	6-16	Donna Hlava	Wed	3:30-6 pm	\$16 / \$19*
Make, Bake, and Take (6 weeks)	3310.411	5-12	Donna Hlava	Mon	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.412	5-12	Donna Hlava	Mon	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.413	5-12	Donna Hlava	Thurs	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.414	5-12	Donna Hlava	Thurs	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.415	5-12	Donna Hlava	Thurs	6:30-7:45 pm	\$35 / \$43*

\*Additional materials fee for the course.

Olé Olé Spanish Class	3090.411	2-3	Connie Vera	Fri	3-4 pm	\$76 / \$94*
Olé Olé Spanish Class	3090.412	5+	Connie Vera	Fri	4-5 pm	\$76 / \$94*
Fall Treats Workshop (Nov 19)	3310.418	6-16	Donna Hlava	Mon	4-6:30 pm	\$16 / \$19*

FITNESS	Code	Ages	Instructor	Day	Time	Fee
A+ Female Self Defense	4113.411	16+	Ivan Lee	Wed/Fri	6 - 7 pm	\$66 / \$81
Aikido	4488.411	6-12	Ivan Lee	Fri	5:45-6:45 pm	\$46 / \$56
"Hoop It Up" Basketball Clinic	4318.411	8-13	Staff	Tues	6-7 pm	\$36 / \$44
Cardio Kids	4220.411	6-13	Staff	Mon	4-4:45 pm	\$39 / \$49
Cardio-Kickboxing - December (2 weeks) Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.413	18+	Gary Amen	Mon/Thurs/Sat		\$22 / \$26
Cardio-Kickboxing - November Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.412	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio-Kickboxing - October Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.411	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio Salsa	4111.411	16+	Sarai Martin	Thurs	6 - 7 pm	\$51 / \$63
Feeling Fit Senior Exercise Program	4110.411	50+	Vicky Velasco	Tue/Thur	2-2:30 pm	FREE
Fighting Fit Mixed Martial Arts (12/1-12/15) Mon 6:15-7:15 pm, Sat 9:30-11:30 am	4680.416	18+	Gary Amen	Mon/Thur		\$26 / \$31
Fighting Fit Mixed Martial Arts - Nov Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.415	18+	Gary Amen	Mon/Thur		\$46 / \$56
Fighting Fit Mixed Martial Arts- October Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.414	18+	Gary Amen	Mon/Thurs		\$46 / \$56
Golf Lessons for Kids	4030.311	6-12	Staff	Wed	4:30-5:30 pm	\$85 / \$107
Gymnastics I	4105.411	6-14	Staff	Wed	5:45-6:30 pm	\$50 / \$63
Pre-Natal Yoga - December (12/3-12/13)	4020.413	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$26 / \$31
Pre-Natal Yoga - November	4020.412	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Pre-Natal Yoga - October	4020.411	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Recreational Tae Kwon Do Wed 6:30-7:30 pm, Fri 6-7 pm, Sat 12-1 pm	4831.411	5+	David Russell	Wed/Fri/Sat		\$22 / \$26
Six Pack Abs Fitness Boot Camp Dec (12/4-12/13)	4112.413	18+	Ivan Lee	Mon/Thur	9 - 10 am	\$31 / \$37
Six Pack Abs Fitness Boot Camp - Nov	4112.412	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Six Pack Abs Fitness Boot Camp - Oct	4112.411	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Tang Soo Doo Karate Mon and Thurs 5:15-6:15pm, Sat 9:30-10:30am	4350.411	6+	Gary Amen	Mon/Thur/Sat		\$68 / \$84
Trataka Yoga - December (12/4-12/13)	4010.413	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$24 / \$29
Trataka Yoga - November	4010.412	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Trataka Yoga - October	4010.411	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Zumba	4222.411	16+	Staff	Wed	7:30 - 8:30 pm	\$36 / \$44

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